26-1 學校簡介

Sciences Po Bordeaux is one of the ten French Institutes of Political Studies. Today it has more than 2,100 students of all statuses. The Bordeaux establishment, a large school located in the heart of an exceptional university site, the Pessac-Talence-Gradignan campus, 20 minutes by tram from the center of Bordeaux, benefits from the specific legal framework of the Institutes of Political Studies. It is a public higher education institution of an administrative nature endowed with legal personality and financial autonomy. He is associated by convention with the University of Bordeaux.

First Institute of Political Studies for its rate of scholarship holders (30%) and for the proportion of foreign students (more than 25%), Sciences Po Bordeaux shows as well as social diversification (program "Sciences Po Bordeaux I can because I want it ", labeled“ Cordée de la Réussite ”from 2008) and internationalization (binational integrated streams and university stay worldwide for 95% of students during the second year of study) are two essential priorities in the general policy of the establishment. Lifelong learning offered by Sciences Po Bordeaux's continuing education department is also one of the pillars of the institution.

波爾多政治學院是法國政治科學院之一，屬於高等大學校體系，比起一般綜合性的公立大學，更專注在政治學、國際關係等等社會科學學科的學習，除此之外，也有相關的哲學理論跟思想史的課程可以修習，法國其他位於巴黎之外的九所政治科學院有各自專攻的領域，位於法國西南部的波爾多政治學院特色領域是非洲研究。學校的學生是透過學校獨立考試入學的，這種菁英體系的學校學費比較高，但設備跟師資也比較優良，學校規定所有學生大二的時候一定要出國交換，所以在波爾多政治學院沒有開二年級的課，學校內也有許多國際交換學生，政治學院總共要讀五年，前三年修共同科目也就是校內所稱的第一階段，第四年開始要選擇自己有興趣的領域深入，有國際關係、媒體文化等等，是第二階段。

波爾多政治學院校園走小而美、小而精緻的路線，校園大小約莫就是一個學院的規模，裡面有圖書館、自助餐廳，體育課要走路或是搭車到附近的體育場館，不過離學校最近的輕軌站走路三分鐘左右，交通十分便利，半小時會到波爾多市區，最近的宿舍也都是走路就可以到達。

26-2 國外研修之課程學習（課內）

International students with a French level of B1 or higher, who wish to improve their French skills in courses in political and social sciences, can study at the Institute within the French Track program for one or two semesters. Students from partner institutions can register according to exchange agreements; those who come from other establishments can apply for individual “Free Movers. "

International students can also obtain a certification during their stay at Sciences Po Bordeaux: The Certificate of Political Studies is a diploma open to students whose stay lasts one year. For those whose stay lasts only one semester, Sciences Po Bordeaux offers an Attestation of Political Studies. In both cases, the students concerned will follow interactive method conferences which will allow them to reflect and exchange views on contemporary issues in France and in their different countries of origin.

學校針對交換生開設了法語學程跟英語學程，通過 B1 的交換生全部都會被分配到前者，進了法語學程可以選擇法語授課的課程跟英語授課的課程，比較多元，不過只有通過 B1 的話一開始跟課會很吃力，我很幸運遇到熱心的法國同學借我筆記，所以遇到困難的時候不妨大膽問他們，向他們借筆記。我上上學期選擇的是比較基礎的通識跟自己有興趣的課程，一是因為比較基礎所以只要解決語言的問題，二是因為有興趣不論多難都會想弄懂。上學期選擇的課程：

French, Problems in international politics, Cultural and political history, French political institutions ,Introductions to political sciences, European institutions, Political sociology, Political theory, Media and journalism

我十分慶幸上學期修了不少課，因為下學期遇到疫情，我選擇提早回臺，由於時差所以很難線上上課，有問題也無法直接向老師請教、跟同學討論，所以成績不是很理想。

除了法語學程跟英語學程，如果大家對自己的法語能力有信心，也可以挑戰他們的 CEP（Certificat d'Études Politiques）課程，我有不少外國朋友都有修這個課程，學分要求比較高、有比較多小組討論的課程，通過這個課程會頒發一個額外的證書。

26-3 國外研修之生活學習（課外）

During the exchange, I joined the film club and the badminton club. Therefore, I have met many French friends and have a deeper understanding of French communication culture. I highly recommend that you join a club based on your interests. There are topics where you can chat more deeply than just talking about the culture of your country.

在學校我參加了電影社跟羽球社，因此認識了不少法國朋友，也參加他們的派對，比較了解法國交際的交際文化。我非常建議大家根據自己的興趣選擇社團，這些領域或是話題比起一直在討論國家文化差異或是旅遊建議，可以更深入結交朋友。

26-4 交換/研修之具體效益（請條列式列舉）

1. Improvement of language skills (French, English)
2. In-depth understanding of French culture and understanding of French life
3. Make foreign friends
4. Take advantage of vacation to travel and it broadens my horizons

1. 語言能力進步（法文、英文）
2. 深入認識法國文化、了解法國生活
3. 結交外國友人
4. 利用假期旅行增廣見聞

26-5 感想與建議

Although the epidemic disrupted a lot of projects and made my memories before leaving France just hurried to deal with many administrative matters, I was still very happy to be able to exchange at Sciences Po Bordeaux. I met many friends and my language ability is improved. In foreign countries, we must always have an open-minded attitude and the ability to adapt to anything, because from the moment we first arrived abroad, we have entered an unfamiliar environment and culture, and strive to observe and study hard. I think it is the most precious gift for me to cultivate such a life attitude and meet foreign friends.

雖然遇到疫情打亂很多計畫，也讓我離開法國前的回憶僅是匆忙處理許多行政事項，但我還是很開心能到到波爾多政治學院交換，過程中認識了不少朋友，也讓自己的語言能力更加進步。在國外要隨時抱持心胸開放的態度以及遇到任何事情都能應變的能力，因為從剛到國外的那一刻起，我們就是進入不熟悉的環境和文化，努力觀察、努力學習。我想，培養出這樣的生活態度跟認識外國朋友，就是我這趟交換最珍貴的禮物。

時間過得很快，事情很多，避免忘得太快所以我在部落格有紀錄每週在法國的生活，有興趣的學弟妹可以直接到部落格參考，有問題也歡迎直接聯絡我，希望大家學業進步，萬事順心。

1. 跟外國朋友一起參加波爾多當地的金三角文化節，品嘗當地特色葡萄酒：



2. 參加羽球社球衣大會，讓大家除了平常打球有更多不同的交流：

